

Full Report (All Nutrients) 45107209, ZATARAIN'S, RED BEANS & RICE WITH SAUSAGE, UPC: 071429002234

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Zatarain's Inc.

Nutrient	Unit	Data points	Std. Error	340.0 g 340g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	479	141
Protein	g	--	--	19.01	5.59
Total lipid (fat)	g	--	--	14.01	4.12
Carbohydrate, by difference	g	--	--	78.00	22.94
Fiber, total dietary	g	--	--	6.1	1.8
Sugars, total	g	--	--	7.00	2.06
Minerals					
Calcium, Ca	mg	--	--	82	24
Iron, Fe	mg	--	--	2.69	0.79
Sodium, Na	mg	--	--	680	200
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	18.0	5.3
Vitamin A, IU	IU	--	--	500	147
Lipids					
Fatty acids, total saturated	g	--	--	4.488	1.320
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	24	7

Amino Acids

Other

Ingredients

COOKED LONG GRAIN RICE, WATER, SMOKED ANDOUILLE SAUSAGE (PORK, BEEF, CORN SYRUP SOLIDS, WATER, SODIUM LACTATE AND SODIUM DIACETATE, MODIFIED CORN STRACH, SALT, SPICES, SODIUM PHOSPHATE, CORN MALTODEXTRIN,PAPRIKA, NATURAL FLAVOR, GARLIC, SODIUM ERYTHORBATE, SODIUM NITRITE), DRIED RED BEANS, ONIONS, REFINED LARD (LARD AND PARTIALLY HYDROGENATED LARD, BHA, PROPYL GALLATE, AND CITRIC ACID ADDED TO PROTEIN FLAVOR), ENRICHED WHEAT FLOUR (WHEAT FLOUR, FERROUS SULFATE, NIACIN, THIAMINE MONONITRATE SOYBEAN OIL, WATER, SALT, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVORS, BHA & BHT ADDED TO

PROTECT FLAVOR, VITAMIN A PALMITATE AND VITAMIN D3 ADDED), YEAST EXTRACT, CANOLA OIL, SUGAR, DEHYDRATED RED AND GREEN BELL PEPPER, CELERY, TOASTED ONION POWDER, SPICES, GRANULATED GARLIC, SEA SALT, SMOKE FLAVOR (TORULA YEAST, SMOKE FLAVOR), SPROUTED WHEAT FLOUR, XANTHAN GUM, DEXTROSE, SOYBEAN OIL, DISODIUM INOSINATE AND GUANYLATE, PAPRIKA. *Date Last Updated by Company: 05/16/2016*